

Title: Culinary Nutrition Subject/Course: Pro Start
 Topic: Nutrition Basics Grade (s): 10-12 Designer (s) Ilene Lerseth, Kathy Engst, & Joline Dunbar

Stage 1: Desired Results

Core Standard(s):

1PS 6.1 Create menus that reflect nutritional knowledge to benefit the well-being of the customer.

Understandings: Students will understand that....

- Nutrients play an important role in selecting foods for menus.

Essential Question(s):

What are the basic nutrients?

What nutrients are needed in order to ensure good nutrition?

Students will know....

- the roles of carbohydrates, hormones, fiber, starch, and fats in people's diets
- the roles of proteins, water, vitamins, and minerals in people's diets and identify foods that contain these nutrients
- recommended Dietary Allowances (RDAs) and MyPyramid

Student will be able to

- identify foods that contain each of the nutrients
- suggest ways to make recipes more healthful
- interpret information on a nutrition label.
- use RDAs and MyPyramid and be able to use them to plan meals
- how to read nutrition food labels

Stage 2: Assessment Evidence

What evidence will show that students understand?

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|---|------------------|---|-----------------------|---|-------------|
| X | Performance Task | X | Project | X | Quizzes |
| X | Tests | | Informal Observations | X | Discussions |

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|---|--|---|-----------------|--|-------|
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| | | X | Self-Assessment | | Other |
| Stage 3: Learning Plan | | | | | |
| Motivation – Introduce and Explain | | | | | |
| <p>1 Students will use the internet to search for current event articles related to nutrition and health. They will share the highlights of the articles with the class.</p> <p>1 Invite a dietician to speak to the class about their career and how nutrition affects us.</p> | | | | | |
| Model: | | | | | |
| <p>2, 3, 4, 5 Nutrient notes (note taking guide)</p> <p>2 Power points - nutrition notes and terminology</p> <p>3 Video's / DVD's - "Nutrition and Your Menu", "Vegetarian Diet", Reading a Nutrition Label", "Nutrients and Their Interactions"</p> | | | | | |
| Guided Practice: | | | | | |
| <p>4 Reading Nutrition Labels</p> <p>5 MyPyramid scavenger hunt</p> <p>5 Revise a recipe to improve nutritional content. (Students will do a nutrition and marketing label for their product.)</p> | | | | | |
| Independently Practice: | | | | | |
| <p>6 Research – Vegetarian Diets (activity 6.3 ProStart One)</p> <p>6 Diet analysis (fitday.com)</p> <p>6 Diet analysis (pyramid tracker on MyPyramid.gov)</p> | | | | | |
| Reflection/Assessment: | | | | | |
| <p>2,3 Quizzes</p> <p>6 Write an evaluation of your personal diet using the results of the diet analysis. Make changes in your food choices to improve the results and address the needs shown by the diet analysis.</p> <p>6 Test</p> | | | | | |

Unit of Instruction and Resources

(Steps of instruction to gain big understandings and answer essential questions)

1. Students will use the internet to search for current event articles related to nutrition and health. They will share information from the articles with the class. We will discuss how food choices impact health.

Example: current news stories about children and obesity, healthcare and overweight adults, diseases related to nutrition issues, etc.

Invite a dietician to speak to the class about food choices and nutrition.

2. Terminology: Nutrients– worksheets , crossword puzzles (activity 6.1 ProStart One text), lecture games <http://www.quia.com/ba/120224.html> Power Point on nutrient information – notes
3. Videos/DVDs – Nutrition and Your Menu, Vegetarian Diet, Reading a Nutrition Label, Nutrients and Their Interactions
4. Reading Nutrition Labels activity
5. MyPyramid scavenger hunt activity
6. Revise a recipe to improve nutritional content. . (Students will do a nutrition and marketing label for their product.) (worksheets
7. Research – Vegetarian diets
8. Do a three-day diet analysis of your personal food intake. Use the computer program fitday.com to get your results. Use those results to analyze your food choices. Write a summary of the results and make changes in food choices to improve your diet.
9. Unit assessment - test.

